



## Class Description 2011



Aerobic and fitness classes at Alta Canyon Sports Center are of the finest quality available. All of the highly trained and experienced fitness instructors have been certified in their special fields and/or through the national and International organizations of I.D.E.A. (A.C.E) and/or A.F.A.A. All instructors maintain a current CPR certification. National workshops, seminars keep ACSC's aerobic program current, competitive and safe. All classes are instructed in a "freestyle" format that is easy to follow and presented in a relaxed atmosphere. Instructors will show many modifications and variations, enabling all participants to have an enjoyable and successful workout.

**Exclusively Core:** A rocking 30 min of nothing but core workout. Building strength begins with your core.

**Cycling:** A great way to bring the benefits of cycling to group fitness. Cycling takes you on a virtual outdoor ride complete with hills, valleys, flat roads, sprints, and jumps. Cycling is taught on stationary bikes to great music with an instructor coaching you along the ride. All fitness levels are welcome.

**Yoga:** Appropriate for everyone at any fitness level or age. Strength, flexibility and relaxation are combined to achieve mind/body health and total performance.

**Multi-Step:** Using choreography and stepping to lead the way to cardiovascular fitness.

**Power Step:** An intermediate to advanced level class filled with step choreography and powerful moves. Excellent large muscle conditioning and strengthening class that compliments aerobic fitness.

**Pilates:** A method of body conditioning, Pilates combines the benefits of weight training, tai chi, yoga, and meditation. Your awareness of breathing, relaxation, concentration and fluidity will heighten during the physical work of this exercise. Pilates provides strength, flexibility and empowerment to all who take this class.

**Pump Pilates:** First 15 min of class is devoted to strength training for the entire body. The rest of the class you will focus on the core of your body using Pilate's moves to work into the abdominal, back and gluteus muscles. These moves build stability and strength throughout the core of the body.

**Power Pump:** Exclusive to ACSC, this format was designed to combine the best of weight room lifting and group exercise. This class will use dumbbells, resistance tubing, exercise balls, and weights bars with optional plates to add strength and define muscle mass.

**Hi-Lo Pump:** A total body workout. Hi impact moves such as jumping jacks, jogging and lo impact moves such as stretching, resistance bands and others. Weights and strength training are also used in this class.

**Cardio Kickbox:** The perfect class to vent frustration. Up tight from a stressful day? Leave it all behind as you combine ancient self defense movements with boxing skills. This demanding workout will challenge you both mentally and physically.

**Stretch and Strengthen:** The best of both worlds. This hour workout brings you integration for yoga poses and Pilates moves that will encourage strength, flexibility, balance and power. The challenge, created to improve muscle strength and endurance, will be contrasted with an experience of relaxation and calm. This class will introduce you to an effective way of reducing and releasing stress as well as developing a new acceptance and respect for your body.

**Shape up:** this is the perfect class for the individual who needs a more gentle approach to exercise. Strength and cardiovascular endurance will improve as your muscles develop and your oxygen consumption improves. A variety of moves and different types of equipment will help you to regain mobility, balance and flexibility.

**Cardio Express:** 30 min classes that will help jump-start your day. You'll get right down to business using a wide variety of challenging cardio work and equipment.

**Zumba:** Combination of high-energy dance moves and Latin music. No dance experience required.

